



# JULY NEWSLETTER

The Women's Health Advocacy Club aims to raise awareness and break the stigma surrounding health issues faced by individuals who are female-identifying.

**INTERESTED IN WOMEN'S  
HEALTH ADVOCACY?**

Stay tuned to learn about  
how to get involved!

# THIS MONTH QWHA PROMOTES



*Feminine Hygiene  
and products*

# DID YOU KNOW?

- Scotland offers FREE menstrual products to all female citizens
- 34% of Canadian women make budgetary sacrifices to purchase menstrual products
- 63% of women and girls miss regular or occasional activities due to menstruation
- British Columbia and Nova Scotia offer free menstrual products in schools
- In 2016 the Federal government removed GST taxation when purchasing menstrual products
- Using a menstrual cup can replace 12 pads and 12 tampons at less than 10% of the cost
- Canadians in Northern or remote locations pay approximately double for menstrual hygiene products

# INTERESTING READS AND RESOURCES

- Queen's Women's Health Interest Group
- WEMA Inc. (Women's health Equity through Mobile Approaches)
- CBC – Michelle Cohen Opinion
- Red Dot Project
- REDefining Menstruation
- Queen's Finest – Paula James
- Bleed the North
- Upcoming Biomedical Menstrual Research
- Upcoming Psychological Menstrual Research



# NEW THIS MONTH

This month QWHA will be conducting interviews with...

*Renee Davies*

**Queen's Period Co-chair**

- Queen's Period was founded in 2018 as a chapter of Period: The Menstrual Movement, an American organization
- Queen's Period later departed the organization and now strives for menstrual equality
- The organization's overall goal is to improve the live of menstruators at Queen's and in Kingston

*Isabela Rittinger*

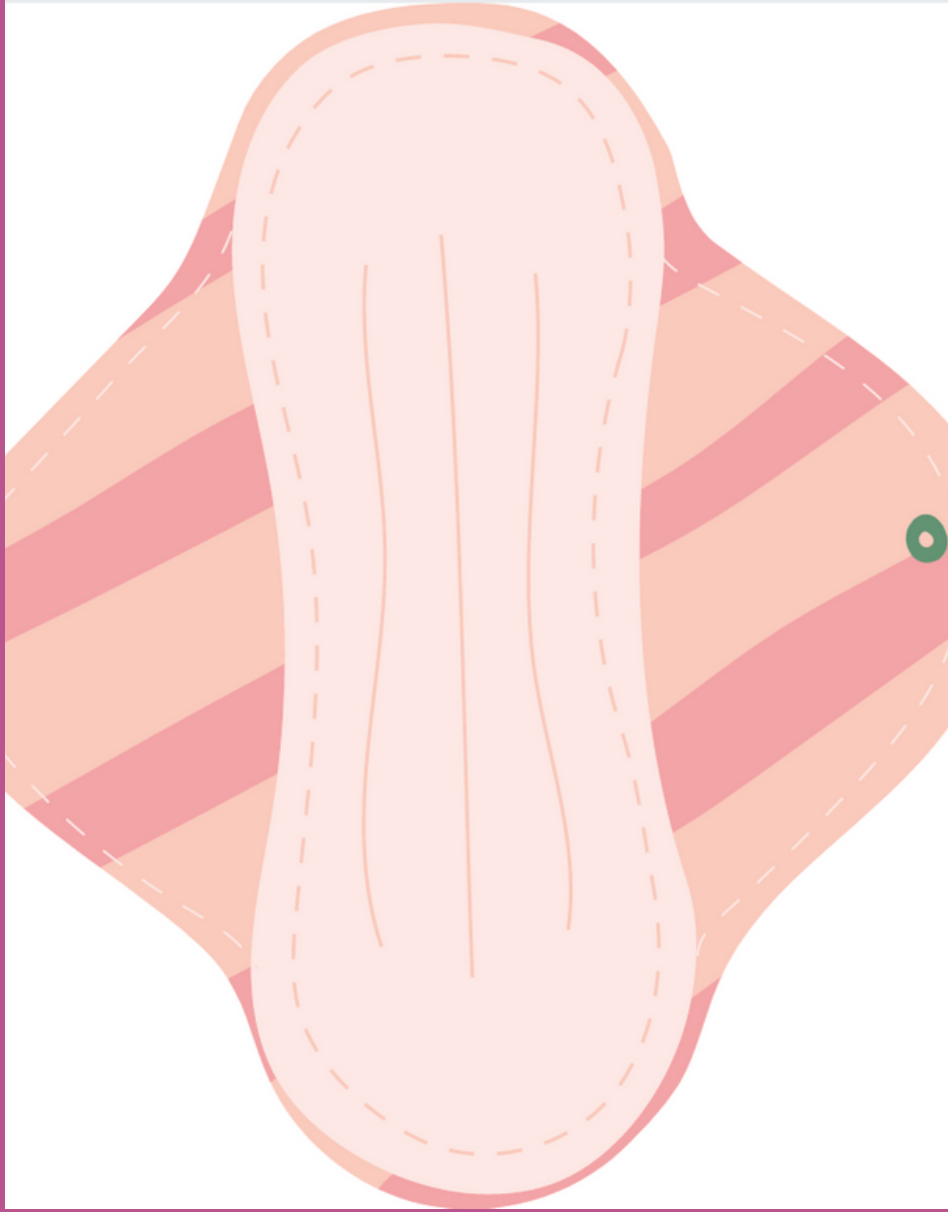
**Founder of Bleed the North**

- Bleed the North is a youth-led non-profit-organization that tackles period stigma
- Was founded by Isabelle Rittinger, a Queen's University student
- Started in March 2020, at the start of the coronavirus pandemic
- Exacerbated the widespread effects of period poverty for menstruators



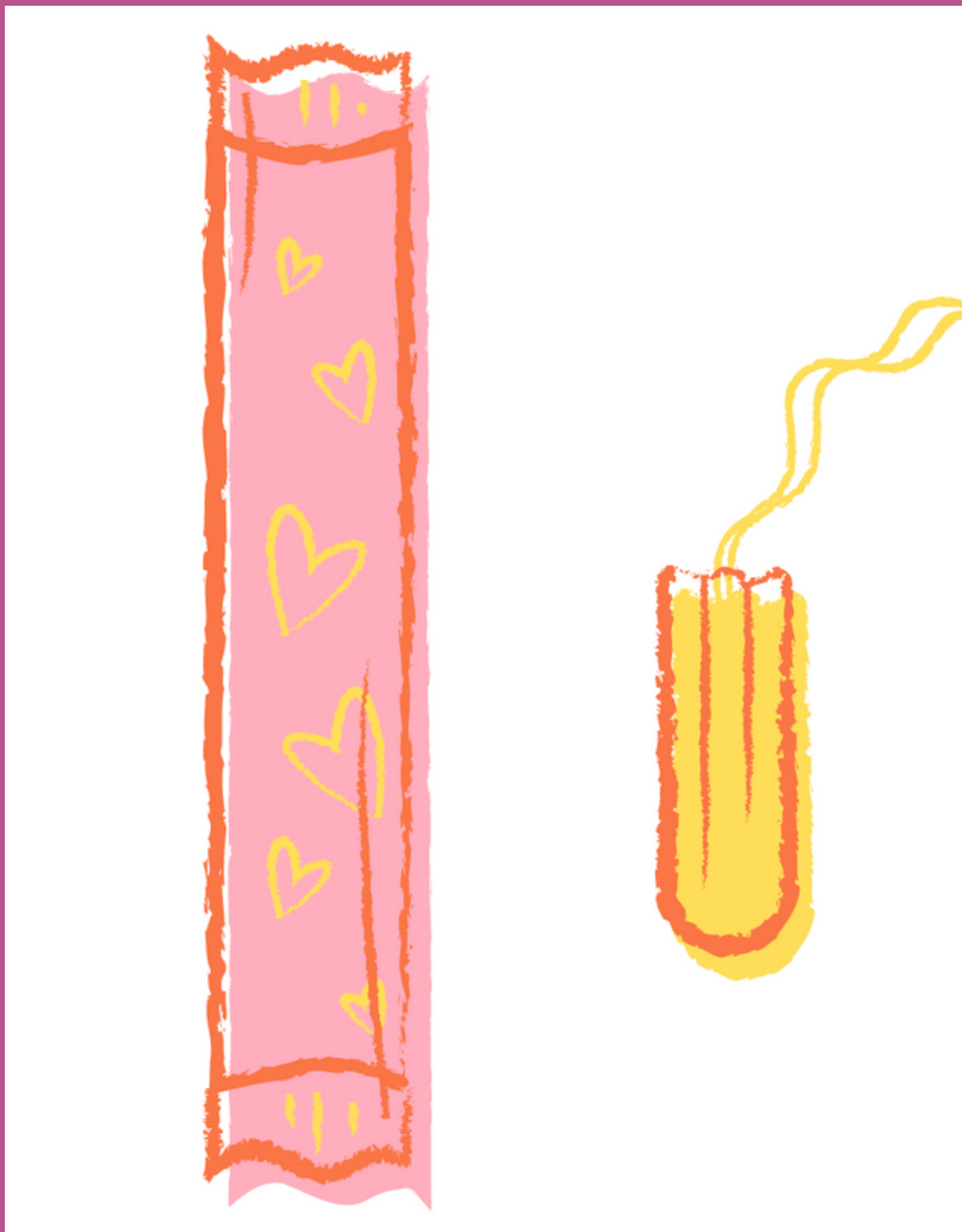
# MENSTRUAL HYGIENE PRODUCTS

*Know your choices*



## *Sanitary Pads*

- Absorbant
- Worn external to body on underwear
- Disposable ones made from bleached rayon, cotton and plastics
- Reusable ones made from fabrics, such as cotton flannel, bamboo or hemp



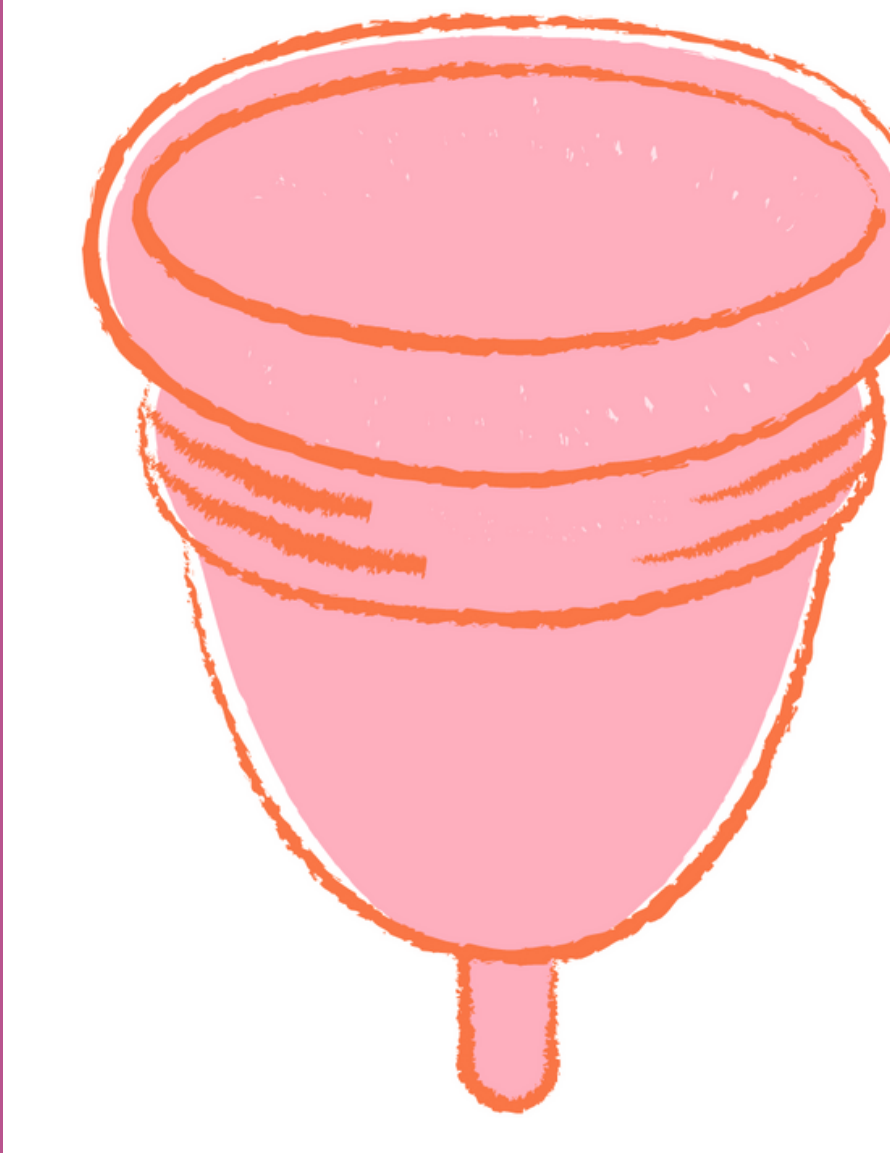
## *Tampons*

- Absorbent materials
- Inserted into vagina to absorb menstrual flow
- Made from cotton, rayon or both
- Small, easy to carry, lightweight

*Disclaimer: This information is for educational purposes ONLY. QWHA is not promoting the use of any product over the other. QWHA acknowledges individual preferences and promotes females being aware of all their choices.*

# MENSTRUAL HYGINE PRODUCTS

*Know your choices*



## *Menstrual Cup*

- Silicone-based
- Non-absorbent, bell-shaped devise
- Inserted into vagina to collect menstrual flow
- Lightweight and sturdy
- Reusable and environmentally-friendly



## *Menstrual Underwear*

- Resembles female underwear
- Built-in absorbant menstrual pad
- Contains 2 layers: (1) outer moisture absorbent layer, (2) leakproof layer
- Reusable and environmentally-friendly

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*Stay Tuned for our...*

# **AUGUST NEWSLETTER**

*Featuring interview details!*



# REFERENCES

- References: FDA: <https://www.fda.gov/consumers/consumer-updates/facts-tampons-and-how-use-them-safely> \*\*\*\*
- Knix: <https://knix.ca/collections/period-underwear/products/cotton-modal-super-leakproof-bikini-sea-spray>
- NY Times: <https://www.nytimes.com/wirecutter/reviews/best-menstrual-cup/>
- UNICEF: <https://www.unicef.org/media/91346/file/UNICEF-Guide-menstrual-hygiene-materials-2019.pdf>
- VanLeeuwen, C., & Torondel, B. (2018). Exploring menstrual practices and potential acceptability of reusable menstrual underwear among a Middle Eastern population living in a refugee setting. *International journal of women's health*, 10, 349–360. <https://doi.org/10.2147/IJWH.S152483>, retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6047600/?report=classic>